

# Among Friends

April 2012

*The purpose of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.*

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



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Senior Center 508-210-5570  
Director 508-210-5571  
Transportation 508-210-5573  
Nutrition Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.



## Attention All Pen Pals!!!!

Your April pen pal letter is due in to the Sr. Center office on Friday, April 20! Thank you, and we hope you're enjoying this fun program!!

## Volunteers - A Special Event in Your Honor

The Holden Council on Aging will be honoring our Volunteers on Monday, April 23 at 12:00 p.m. with a luncheon catered by Toupin's Catering. If you have volunteered at the Senior Center from January 1-December 31, 2011 in any capacity, such as but not limited to: Meals on Wheels Drivers; Meal Site Volunteers; Outreach Volunteers (friendly visitors, book express, food pantry); Pen Pals; Office Workers; COA or Friends Board Members; if you volunteer at big events for either the Senior Center or the Friends; if you run games or fill any other volunteer position, you are cordially invited to attend. Lunch will be followed by a performance from the Young at Heart Singers under the direction of Robert Chisholm. To make your reservation, please call Maureen at 508-210-5570 by Thursday, April 19.



## The First Ladies



Performer Patricia Perry from Sneak Peek Productions will present her show "The First Ladies" on Monday, April 2 at 1:00 pm. This performance is made possible through a gift from the Holden Women's Club. The show is free and open to all. Please call 508-210-5570 for a reservation.

## "Easy Yoga to Ease Pain"

Join us on Tuesday, April 3 at 1:15 p.m. when we will watch the PBS special "Easy Yoga to Ease Pain" with Peggy Cappy, and including our instructor, Katie Cohen. Some of the program was filmed at the Holden Senior Center and shows our yoga class. Class will be held as usual at 2:30 p.m. and all are welcome to stay.

## MOBILE SAFETY STREET FOR OLDER ADULTS & THOSE WHO LOVE THEM

On Tuesday, April 3, the Worcester Senior Center and Worcester Division of Public Health UMASS Mobile Safety Street will be at the Holden Senior Center from 10:00 a.m. to 2:00 p.m. Mobile Safety Street is a hands-on, educational experience designed to educate older adults and their loved ones on how to recognize and prevent common safety hazards that could lead to injuries inside and outside the home. The program includes a safety education trailer which transforms to a 20x30 foot model of an actual street with houses, shops, hospitals, fire station, crosswalks and traffic lights, downed power lines, and more. Inside, the trailer mimics a realistic home environment highlighting safety hazards such as stairs, bathtubs, windows, stove, lamps, cords, plugs, and commodes. Tours of the vehicle and presentations will be ongoing from 10:00-2:00. All are welcome to attend.

## Reminder...

Our Bereavement Support Group will meet on Monday, April 9 at 4:30 p.m. here at the Senior Center.





# UPCOMING TRIPS

**Wed., May 2 ... "Vicki"** Emmy Award-winning comedienne Vicki Lawrence is one of the most beloved television personalities of her generation. Vicki went on to become part of the now-legendary cast of the "Carol Burnett Show." Ms. Lawrence will take the stage first. "My new show will not be a retrospective," she explains. "We are designing a show that is a mixture of stand-up comedy, music and observations about real life. The multi-talented entertainer is mostly known for her acting and comedic talents, but she also earned a gold record for the 1973 hit, "The Night the Lights Went Out in Georgia." Your package includes: Current Foxwoods Bonus Package; Reserved Seating at the Fox Theatre and a free Buffet Lunch. \$60.00 per person including driver's gratuity. Depart the Senior Center at 7:30 a.m. and return at approximately 5:30 p.m.

**Tues., July 3 ... "Boston Harborfest 2012"** This 2012, for the first time ever, OpSail (Tall Ships) and the U.S. Navy have formed an official partnership. Join us to see: Tall Ships and US Naval vessels from across the world are coming to Boston to mark the *bicentennial of the War of 1812* and "*The Star Spangled Banner*." We will board a sightseeing boat for a wonderful narrated up-close look at the **Majestic Tall Ships** from across the globe, as we cruise around the Boston Harbor, we will sail by the pride of the **U.S. Navy's Gray Hull War ships and Old Ironsides** in port for Boston's Celebration. A family style all-you-can eat luncheon is included at a popular Boston area restaurant. Cost for this trip is \$96.00 per person including driver's gratuity.

## BOOK DISCUSSION GROUP

April 12 at 10 a.m.

*Defending Jacob* by William Landy

Andy Barber has been an assistant district attorney in his suburban Massachusetts county for more than twenty years. He is respected in his community, tenacious in the courtroom, and happy at home with his wife, Laurie, and son, Jacob. But when a shocking crime shatters their New England town, Andy is blindsided by what happens next: His fourteen-year-old son is charged with the murder of a fellow student.

Every parental instinct Andy has rallies to protect his boy. Jacob insists that he is innocent, and Andy believes him. Andy must. He's his father. But as damning facts and shocking revelations surface, as a marriage threatens to crumble and the trial intensifies, as the crisis reveals how little a father knows about his son, Andy will face a trial of his own—between loyalty and justice, between truth and allegation, between a past he's tried to bury and a future he cannot conceive.

May 10 at 10 a.m.

*Major Pettigrew's Last Stand* by Helen Simonson

Please see May's Newsletter for details.

## Meet the Artist

Join us on Monday, April 30, 2012 for our "Meet the Artist" program featuring former Holden resident, Joan Erickson. Joan's artwork will be on display in the dining room from 10:00 a.m. to 2 p.m. Drop in and have coffee with the artist and view her works. At 1:00 p.m., Joan will read some of her prose and poetry. All are welcome to attend this free program.



## FROM THE FRIENDS....



Thanks to our many "Friends" another successful Valentine Cookie Sale was held. A big thank you to all who donated in any way, and to Dottie Holton and her crew for their hard work. It is greatly appreciated. Our Annual Meeting for all Friends members will be held on Wednesday, May 16 at 9:00 a.m. at the Senior Center. This is a change from previous years. All current members are welcome to enjoy coffee and..., fellowship and a short business meeting. Make your reservation by calling 508-210-5570. You'll just need to present your membership card at the door. The next regular meeting of the Friends will be **Monday, April 2 at 1:00 p.m.**

## YOU ARE INVITED TO THE PROM!!!

Wachusett Regional High School will be holding a "Senior Prom" for the Wachusett district Seniors (Holden, Paxton, Princeton, Rutland and Sterling). The Gala event will be held on Thursday, April 26th from 5:00-8:00 p.m. at the High School Cafeteria. Enjoy an evening of dancing and fine dining. Call the Holden Senior Center at 508-210-5570 to make reservations.

## SHINE COUNSELOR

Wednesday, Apr. 4 and Wednesday, Apr. 18  
BY APPOINTMENT ONLY



## APRIL IS NATIONAL HUMOR MONTH, STRESS AWARENESS MONTH & VOLUNTEER MONTH

The fact that April celebrates (amongst other things) humor, stress awareness and volunteerism is of particular importance to the Outreach program here at the Senior Center. When best-selling humorist Larry Wilde, Director of the Carmel Institute of Humor founded National Humor Month in 1976, his purpose was to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life. The importance of laughter and the use of humor as a tool to life ailing spirits continue to grow. The fact that scientific research now indicates that the curative power of laughter and its ability to relieve debilitating stress and burnout may indeed be one of the great medical discoveries of our times.

Stress seems to be part of everybody's life. The United Nations International Labor Organization recently issued a report that states, "Stress has become one of the most serious health issues of our times." There are many ways to contend with stress - everything from jogging and paddle ball to biofeedback, aerobics and herbal tea. All these methods work to some extent but they take up precious time. The quickest, most effective way to beat stress is literally to laugh it off. And the best part is you get immediate results. It takes no special talent or ability, no physical prowess or skill, you aren't required to have a masters degree or a license, it makes you feel good, it's fun, fat-free and you don't need batteries. In fact, a good laugh may be good for the heart.

A team of Maryland medical researchers found that people with heart disease were 40% less likely to laugh in humorous situations than those with healthy hearts. "The old saying that laughter is the best medicine definitely appears to be true when it comes to protecting your heart," says Michael Miller, director of the Center of Preventative Cardiology at the University of Maryland Medical Center.

The Holden Senior Center offers Laughter Yoga, which is a unique exercise routine. It combines unconditional laughter with yogic breathing. Anyone can laugh without relying on humor, jokes or comedy. A Laughter Session lasts an hour. It starts with gentle warm-up techniques that include stretching, chanting, clapping and body movement. Breathing exercises are used to prepare the lungs for laughter. They are followed by a series of laughter exercises that combine acting methods and visualization techniques with playfulness. The laughter exercises are interspersed with breathing exercises. It has been proven scientifically that twenty minutes of laughter is all that's needed to develop full physiological benefits. A laughter yoga session often leads to a joyfulness that can last for days. **Join us on Wednesday, April 11 at 10:00 a.m. for a free laughter yoga session.** Everyone is welcome.



You are probably well aware that volunteering has a meaningful, positive impact on our community. The Senior Center depends on our wonderful group of dedicated volunteers to assist in the day-to-day activities of the center. Without our volunteers, we would not be able to offer many of the quality programs and services we provide. But did you know that it could have many benefits for you too? Volunteering can help you to learn or develop a new skill. It enables you to be a part of your community and feel that sense of achievement that comes from making that little corner of the world where you live just a little bit better. In addition, "Volunteerism is an important tool in our strategy to promote health and prevent disease," said Josefina G. Carbonell, Assistant Secretary for Aging at the U. S. Department of Health and Human Services. Research suggests that volunteering is particularly beneficial to the health of older adults and those serving 100 hours annually. According to the report:

- ◆ A study of adults age 65 and older found that the positive effect of volunteering on physical and mental health is due to the personal sense of accomplishment an individual gains from his or her volunteer activities.
- ◆ Another study found that volunteering led to lower rates of depression in individuals 65 and older.
- ◆ A Duke study found that individuals who volunteered after experiencing heart attacks reported reductions in despair and depression - two factors that have been linked to mortality in post-coronary artery disease patients.
- ◆ An analysis of longitudinal data found that individuals over 70 who volunteered approximately 100 hours had less of a decline in self-reported health and functioning levels, experienced lower levels of depression, and had more longevity. Two studies found that the volunteering threshold is about 100 hours per year, or about two hours per week. Individuals who reached the threshold enjoyed significant health benefits.

So join us on **Wednesday, April 11 at 10:00 a.m. for a free laughter yoga session.** You may feel so good, you will want to find out more about our Outreach Volunteer Opportunities. For more information or to register for Laughter Yoga please call 508-210-5570.





# APRIL 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Quilting 1:00 <b><u>Friends' Meeting</u></b> 1:00 <b><u>"The First Ladies"</u></b></p>	<p><b>3</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Spanish Meatballs</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>4</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Pork w/Apples</i> 1:00 Pitch Party 2:00 Chess Group 3:00 <b><u>LCU Sr. Financial Safety Program</u></b></p>	<p><b>5</b></p> <p>8:00 <b><i>HCOA Board Mtg.</i></b> 8-4:00 Billiards 10:00 Mah Jongg 12:00 <b><u>Easter Meal</u></b> <i>Ham w/Raisin Sauce</i> 12:30 Movie <i>"The Rainmaker"</i> 1:00 Line Dancing 1:00 Bridge</p>	<p><b>6</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Cribbage</p>
<p><b>9</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Quilting</p>	<p><b>10</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork Stir Fry</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>11</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 10:00 <b><i>Laughter Yoga</i></b> 12:00 Senior Lunch <i>Chicken w/Herbed Broth</i> 1:00 Pitch Party 2:00 Chess Group 3:00 <b><u>LCU Sr. Financial Safety Program</u></b></p>	<p><b>12</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Cheese Lasagna</i> 12:30 Movie <i>"Reverse the Curse of the Bambino"</i> 1:00 Line Dancing 1:00 Bridge</p>	<p><b>13</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Beef &amp; Cabbage Casserole</i> 1:00 Cribbage</p>
<p><b>16</b></p> <p>PATRIOT'S DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p><b>17</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Stroganoff</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p><b>18</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Beef &amp; Bean Chili</i> 1:00 Pitch Party 2:00 Chess Group 3:00 <b><u>LCU Sr. Financial Safety Program</u></b></p>	<p><b>19</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Honey Baked Chicken</i> 12:30 Movie <i>"McClintock"</i> 1:00 Line Dancing 1:00 Bridge</p>	<p><b>20</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Spaghetti &amp; Meatballs</i> 1:00 Cribbage</p>
<p><b>23</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 <b><u>Volunteer Recognition Luncheon</u></b> 1:00 Quilting</p>	<p><b>24</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Fricassee</i> 1:00 Bingo 1:00 Bridge</p>	<p><b>25</b></p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Pitch Party 2:00 Chess Group 3:00 <b><u>LCU Sr. Financial Safety Program</u></b></p>	<p><b>26</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef w/Jardinere Sauce</i> 12:30 Movie <i>"Tooth Fairy"</i> 1:00 Line Dancing 1:00 Bridge</p>	<p><b>27</b></p> <p>8-4:00 Billiards 10:00 Poker 10:30 <b><i>Veterans' Meeting</i></b> 12:00 Senior Lunch <i>Apricot Chicken</i> 1:00 Cribbage</p>
<p><b>30</b></p> <p>8-4:00 Billiards 10-2:00 <b><u>Meet the Artist</u></b> 10:00 Crafts 12:00 Senior Lunch <i>Sweet &amp; Sour Chicken</i> 1:00 Quilting</p>	<p><b>Tuesday, April 3</b> The Worcester Senior Center and Worcester Division of Public Health UMASS Mobile Safety Street Tours of the vehicle and Presentations will be ongoing from 10:00 a.m.-2:00 p.m.</p>	<p><b>Tuesday, April 3</b> @ 1:15 pm PBS special "Easy Yoga to Ease Pain" with Peggy Cappy</p>	<p><b>Thursday, April 26</b> 5:00-8:00 p.m. Senior Prom at Wachusett Regional High School <b>Enjoy an evening of dancing and fine dining.</b></p>	<p><b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p>



## COMING IN MAY...

**Monday May 7 - 1:00 p.m.**

Actor Richard Clark, performing as "Atticus," from To Kill a Mockingbird.



**Wednesday, May 9 - 10:00 a.m.**

Legal Clinic - "The New Mass. Probate Code"

**Tuesday, May 15 - 9:00 a.m.**

Mother's Day Breakfast



**Monday, May 21 - 1:00 p.m.**

Stories about Railroads, featuring Katie Green



## FRIENDS OF HCOA

### I WOULD LIKE TO:

- ☐ Renew My Membership  
☐ Become a New Member

Enclosed is my \$5.00 Donation

Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520

## APRIL MOVIES

**Thurs., Apr. 5 ... "The Rainmaker"** When Rudy Baylor (Matt Damon), a young attorney with no clients, goes to work for a seedy ambulance chaser, he wants to help the parents of a terminally ill boy in their suit against an insurance company (represented by a ruthless Jon Voight). But to take on corporate America, Rudy and a scrappy paralegal (Danny DeVito) must open their own law firm. Francis Ford Coppola adapts and directs this story based on John Grisham's best-selling novel. *PG-13 ~ 135 minutes*

**Thurs., Apr. 12... "Reverse the Curse of the Bambino"** The 2004 World Series finally saw "The Curse of the Bambino" lifted as the Boston Red Sox rose to a well-earned victory -- to the overwhelming delight and relief of their legions of fans. This compelling documentary explains the whole story. Learn how the 1919 sale of Babe Ruth started the "curse," and relive the incredible days following the 2004 victory. Red Sox fans will cherish this disc. As for Yankees fans, well, there's always next year. *NR ~ 60 minutes*

**Thurs., Apr. 19... "McClintock!"** Based on trumped-up adultery charges, Katherine McLintock (Maureen O'Hara) left her husband, George (John Wayne), two years ago -- and she's still steaming. So what's a wronged man to do? Come to the aid of a beautiful widow, of course. Also stars Stefanie Powers, Jerry VanDyke, Yvonne DeCarlo and Edgar Buchanan *NR ~ 127 minutes*

**Thurs., Apr. 26... "Tooth Fairy"** When minor-league hockey player Derek Thompson -- who has a penchant for knocking out his opponents' teeth every time he plays -- disillusions a fan, he is sentenced to a stint for one week as a bona fide, tutu-clad, real-life tooth fairy. Soon, Derek is inspired to rekindle his youthful dreams. Dwayne "The Rock" Johnson, Ashley Judd and Julie Andrews star in this family comedy. *PG ~ 101 minutes*



***Did you know that April 17th is Daffy Duck's birthday??***



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Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520